

The Mindful Partnership

Scotland · Charity number SC051766

Details

| | |
|------------|--|
| Status | Active |
| Legal form | SCIO (Scottish Charitable Incorporated Organisation) |
| Registered | 2022-05-30 |
| Register | View on the OSCR register |

Contact

| | |
|---------|--|
| Address | 13 Bickram Crescent Comrie Dunfermline Fife KY12 9XL |
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', 'the advancement of health'

What the charity does: The Mindful Partnership was established to provide robust, high-quality training in Mindfulness, Self-Compassion, Somatic Movement and associated practices to communities throughout Scotland, working with very experienced and highly qualified teachers to deliver and oversee all, with a view to: • improving mental/ physical health and wellbeing within Scottish communities • to enhance levels of personal responsibility for health and wellbeing within communities. • to improve the access to training for all members of communities, including 3rd sector organisations working to support others.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: 3 The organisation's purpose is: 3.1 To advance health and wellbeing through teaching, promoting, developing and supporting the use of mindfulness meditation techniques throughout Scotland. This it will do by arranging mindfulness courses, mindfulness sessions, retreats and any other relevant activities that are deemed appropriate.

Geography

- **Main operating location:** Fife
- **Geographical spread:** Wider, but within one local authority area

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2026-05-31 | £0 | £0 | - | 0 |
| 2025-05-31 | £42,775 | £46,092 | - | 0 |
| 2024-05-31 | £35,970 | £35,731 | - | 0 |
| 2023-05-31 | £44,070 | £18,617 | - | 0 |

The Mindful Partnership

Scotland - Charity number SC051766

Accounts

**THE MINDFUL PARTNERSHIP (SCIO)
SC051766**

**REPORT OF THE TRUSTEES
RECEIPTS AND PAYMENTS
ACCOUNT WITH STATEMENT OF
BALANCES**

For the year ended 31st May 2025



The Mindful Partnership

Current Trustees:

[REDACTED]

Independent Examiner:

[REDACTED]

Administrative Address:

[REDACTED]

The Mindful Partnership: Purpose, Rationale and Impact

The Mindful Partnership was established to provide robust, high-quality training in **Mindfulness, Self-Compassion, Somatic Movement and associated practices** to communities throughout Scotland. We work exclusively with highly experienced and appropriately qualified teachers who both deliver and oversee all training.

Our work aims to:

- improve mental and physical health and wellbeing within Scottish communities
- enhance levels of personal responsibility for health and wellbeing
- improve access to high-quality training for all community members, including third-sector organisations supporting others

Context and Evidence Base

Ongoing pressure on Health and Social Care services in Scotland has led to an increasing reliance on third-sector organisations to provide preventative and supportive care that statutory services are often unable to offer. Mindfulness and Self-Compassion programmes have been subjected to rigorous international research over several decades. Both the UK Government and the Scottish Government have published reports recommending the wider implementation of these approaches across health, education and community settings. Research consistently demonstrates that positive outcomes for mental and physical health are most likely when training:

- is rigorous and progressive rather than brief or superficial
- is led by experienced, appropriately trained practitioners
- is delivered by trainers who maintain their own regular practice
- supports participants to develop a regular personal practice
- offers ongoing support within a practice community

These principles form the **minimum standards** underpinning all training and support delivered by The Mindful Partnership.

Addressing Inequality of Access

Despite strong evidence for effectiveness, high-quality mindfulness and self-compassion training has often been accessible only to those able to pay privately. Alternatively, communities may be offered brief, limited sessions that focus on basic techniques without adequate context, theory or progression. While such sessions can offer short-term benefit, they often lack the depth and support required for sustained engagement and long-term impact. The Mindful Partnership was created to address this gap by bringing **rigorous, evidence-based training directly into frontline community settings**, particularly for individuals and groups with limited financial resources or reduced access to services. This work has taken place during a period of significant economic, social and health pressures, when the need for preventative and community-based wellbeing support has been especially acute.

Delivery and Reach: 2024–25

During 2024–25, The Mindful Partnership maintained its core programmes across key areas of Fife, including **Levenmouth, Kirkcaldy and Glenrothes**, while expanding delivery into **North and West Fife**.

In Fife, close collaboration with **NHS Midwifery and Psychological Services** enabled the expansion of programmes supporting women during pregnancy who have experienced trauma in labour. We also extended delivery into new third-sector organisations working in the areas of **trauma, abuse and addiction**.

Programmes were maintained in **Perth & Kinross** and expanded across wider **Tayside**, supported by additional funding from **NHS Tayside Charity**. These initiatives were particularly targeted at individuals facing barriers related to rural isolation, with the aim of restoring confidence, self-esteem and social connection following the pandemic.

Evaluation of outcomes demonstrated that participants experienced reduced isolation, improved wellbeing, and increased capacity to reconnect with others and engage more fully within their communities.

A new, updated website is currently online providing information more widely.

Our work aligns closely with national policy and evidence, including:

- *The Mindfulness Initiative: Parliamentary Report on Mindfulness*
- *Scottish NHS Mindfulness Network (Turas)*
- *Scottish Government Mental Health Strategy 2017–2027*

2024–25 Delivery and Achievements

Overview of Delivery

During 2024–25, **The Mindful Partnership** continued to deliver high-quality training in **Mindfulness, Self-Compassion, Healing Relaxation and Somatic Movement** across Fife and Perth & Kinross, while expanding reach, deepening programme intensity, and strengthening partnerships with statutory and third-sector organisations.

Fife: Minding Fife

Minding Fife, the Fife area project of The Mindful Partnership, maintained delivery across three core areas of Central Fife while extending provision into **West and North Fife**.

Ongoing funding was secured from the **Fife Community Health and Wellbeing Fund (Scottish Government)** for 2024, with **increased funding awarded for 2024–25**. This enabled continuity of delivery, programme expansion, and enhanced evaluation of outcomes (see programme delivery details below).

Training was delivered primarily **face-to-face**, reflecting the local nature of the groups and supporting the project's aims of reducing isolation and fostering social connection. This approach has been particularly effective in encouraging sustained engagement and peer support.

Perth & Kinross: Mindfulness Perthshire

Mindfulness Perthshire continued to deliver programmes across the wider rural area, with particular emphasis on **Mindful Compassion training**.

Initial delivery was supported through **Community Mental Health and Wellbeing Funding** until 2023, with additional funding subsequently secured through **Community Investment Funding** for the Pitlochry area. Further funding was awarded by **NHS Tayside Charity** for Perth, Kinross and wider Tayside for 2024–25.

This funding enabled the delivery of an **intensive, extended programme** delivered over several full days, allowing evaluation of a retreat-style format. Outcomes demonstrated the effectiveness of intensive delivery, particularly in deepening practice, confidence and sustained engagement. Funding also supported continued delivery of core programmes, extended retreat training and **teacher training** to maintain and build long-term delivery capacity.

Project Dates

Fife

- Report period: *1 June 2024 – 31 May 2025*
- Funding periods:
 - 1 March 2024 – 31 March 2025
 - Additional funding: 1 January 2025 – 31 December 2025

Perth & Kinross

- Report period: *1 June 2024 – 31 May 2025*
 - Funding: *NHS Tayside Charity Fund (2023–25)*
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Venues and Accessibility

Training was delivered in **accessible, neutral community venues**, including family centres, community spaces and premises used by third-sector organisations already engaged in local support work. In collaboration with **NHS Midwifery Psychological Services**, a decision was taken not to use NHS premises for *Women in Pregnancy* programmes. This created a safer, more neutral environment for women who had experienced trauma related to pregnancy or childbirth. Limited training for third-sector staff took place within workplace environments. Feedback indicated that workplace settings tended to increase tension and distraction, reducing benefit. Participants consistently reported greater benefit from neutral venues. While this has increased financial pressure due to rising venue hire costs, it remains an important aspect of delivery quality.

Engagement and Outreach

Participation was encouraged through a range of outreach and engagement methods, including:

- introductory outreach workshops
- word of mouth
- local contacts and community networks
- carers and befriending organisations
- single parents' groups
- community centres
- local fairs and events
- third-sector meetings
- websites and social media

As the project has become more established and its impact evaluated, engagement has increased with **local authorities, housing services, NHS psychological services, addiction services and education providers**. A new website has been launched, enabling **online donations** and improving accessibility to information.

Programme Development and Innovation

Extended training was delivered in Fife using a **semi-retreat format of 2.5 full days**, which was very well attended and received excellent feedback. Participants from the January 2025 open weekend continued engagement in other programmes throughout the year.

Alongside the **extended retreat delivered in Perth & Kinross in November 2024**, this reinforced the value of more intensive delivery models. As a result, Fife has introduced a **year-long programme**, comprising **12 full training days delivered monthly**, beginning to establish a deeper progression pathway.

Hybrid and online delivery has been used selectively. Teacher training funded in 2024–25 successfully incorporated online elements. A full **online 8-week Mindfulness-Based Living Course** is planned, alongside **regular online practice sessions for carers**.

Workforce Capacity and Specialist Delivery

Both regions expanded delivery capacity by contracting **additional professionally qualified facilitators**.

In Fife:

- a specialist pregnancy facilitator delivered NHS pregnancy programmes
- an experienced mindfulness facilitator delivered two 8- and 10-week programmes incorporating outdoor practice

Both facilitators will continue working with The Mindful Partnership in 2025–26.

Addiction Support

Throughout 2024–25, a **regular specialist addiction group** (alcohol and drugs) ran predominantly on a weekly basis in collaboration with **FIRST (Fife Intensive Rehabilitation and Substance Use Team)**. The group was facilitated by The Mindful Partnership’s lead trainer. Teacher training in mindfulness was also provided to a FIRST group worker, strengthening organisational capacity and sustainability.

Participant Support and Resources

Participants across all programmes, workshops and introductory sessions were offered access to:

- guided practices between sessions via optional WhatsApp groups or email
- educational materials explaining underlying principles and relevant scientific research

Materials were provided in hard copy or electronic format according to participant preference, supporting continued engagement and integration of practice.

Rural Delivery and Group Format

In Perth & Kinross, online delivery continues to play an important role due to rural geography, alongside face-to-face sessions where possible.

Introductory provision included one-off sessions and four-session introductory programmes, which proved effective in encouraging progression to longer courses. Sessions were delivered in **90-minute or two-hour formats**, with time allocated for discussion and social connection. This format was also used in Fife, where refreshments and informal breaks further supported group cohesion.

Delivery and Achievements

Highland Perthshire (Minding Highland Perthshire Project)

The Mindful Partnership’s **Minding Highland Perthshire Project** was awarded funding from the **Community Investment Fund**, enabling the delivery of a programme of courses and workshops in **Pitlochry**.

Delivery included:

- **1 × 8-week Mindfulness-Based Living Course**
- **2 × 4-week introductory courses:**
 - Introduction to Compassionate Living
 - Creativity and Mindfulness
- **1 × Mindfulness and Wellbeing Day workshop**

Courses were delivered across both daytime and evening slots, providing accessible and progressive training opportunities. In total, **34 participants** engaged in the programme.

In April 2024, further funding was approved for the **Tayside region**. Delivery under this award has been planned and will take place within the **Year 3 charity reporting period**.

Fife Region Delivery (2023–24)

Delivery across the Fife region during 2023–24 engaged a total of **365 participants** across **251 sessions**, equating to **444 hours of training**.

Programme formats included:

- full-day sessions delivered as 2–3 hour segments
- three full-day workshops
- one **3-day semi-retreat programme** (9 hours per day)
- 90-minute introductory sessions
- Weekend open training
- Full year programme, 1 day per month

Programme content focused on:

- Mindfulness training
- Compassion-based programmes
- Healing Relaxation
- Somatic Movement

During this period, **two new teachers** were trained for the Fife area. Their training will be completed in 2025, increasing future delivery capacity. Collaboration has also been established with **two additional fully qualified facilitators** specialising in mindfulness and movement. One of these facilitators will co-deliver self-care programmes incorporating yoga and self-compassion, working directly with vulnerable young women.

A **new outdoor mindfulness programme** was also developed, supporting mental health through nature-based practice.

Outcomes and Evaluation

Engagement and Delivery Format

Face-to-face group participation continues to be highly valued. Participants consistently reported this as a welcome shift away from isolation and one of the most significant benefits of the programmes.

Evaluation feedback regularly addressed preferences for face-to-face, online or hybrid delivery. Only a small minority requested fully online training. However, recognising ongoing access barriers, particularly in rural areas, online provision is now being incorporated into future planning.

Reported Outcomes

Participants consistently reported:

- improved sleep
- substantial reductions in stress
- increased ability to interrupt unhelpful habits
- greater self-kindness and improved self-worth

The informal psychological education provided alongside practices was identified as particularly helpful, allowing participants to better understand the underlying brain-based processes influencing behaviour and habit formation. This understanding increased motivation and engagement with ongoing practice.

Training in **self-compassion** was reported as delivering particularly strong benefits, although these tended to emerge later and required sustained practice. Earlier stages of training were associated with increased feelings of calm, peacefulness, a quieter mind and an improved ability to relate to thoughts in a healthier way. Supporting participants to *embody* these qualities and access them more readily is a core element of the training approach.

Priority Groups and Programme Development

Specific areas of focus during the year included:

- participants experiencing stress and anxiety
- women during menopause
- individuals living with chronic pain and disability
- a newly developed **addiction recovery programme**, which will continue
- Year-long programme to provide more intensive training

A new programme is under development and will incorporate more robust movement-based approaches, including martial arts-informed practices, to support engagement—particularly among young men.

Evaluation Framework

Both quantitative and qualitative evaluation methods were maintained throughout the year. Wellbeing outcomes were measured using monitoring tools required by funding bodies, alongside established validated scales:

- **Neff's Self-Compassion Scale**
- **Edinburgh-Warwick Wellbeing Scale**
- **Mindfulness Awareness Scale**

Some participants were offered one-to-one sessions where additional support was required.

Somatic and Movement-Based Approaches

Somatic movement sessions, initiated in Year 1, were maintained and further developed. These were particularly effective where movement-based approaches were assessed as more immediately beneficial for mental and physical wellbeing.

Movement provision was expanded to include:

- yoga
- Kum Nye
- Pilates
- outdoor movement-based practices

Movement was also integrated into seated mindfulness programmes. These approaches were consistently well received, with benefits reflected in participant feedback.

Key Impacts Identified

As in Year 1, evaluation indicated improvements in attitudes to self, particularly reductions in self-criticism and self-negation. Participants in longer programmes (e.g. 8-week courses and Healing Relaxation) demonstrated:

- significant reductions in stress and anxiety
- improvements in self-care and kindness
- reduced feelings of isolation

The most significant overall improvements were seen in mindful awareness and reduced isolation, alongside improvements in self-kindness, reduced self-judgement and decreased over-identification with thoughts. High progression rates from introductory sessions into longer programmes further indicate the value and effectiveness of the work.

Sample Qualitative Feedback

“I’ve really begun finally to see how simply knowing how to breathe can make a huge difference in a crisis”

— Local group participant

“It has really helped to understand how our habits are fixed in the brain – the neural pathways being formed. Being more compassionate helps me to see how being guilty doesn’t make things better”

—group participant

“I’m a mindfulness teacher already, but this has been very different. I have learned so much about going deeper and understanding more.”

“I really want to do more of this. I haven’t felt pain-free for nine years until this week.”

The Mindful Partnership (SCIO)
Statement of Balances
For The Year Ended: 31 May 2025

| | 2024-2025 |
|------------------------------|-------------------------|
| Bank and Cash Balance | £ |
| Opening Bank Balance | 25,719.26 |
| Surplus/(Deficit) for Year | (3,317.16) |
| Closing Bank Balance | <u>22,402.10</u> |

RESTRICTED FUNDS

| | 2024-2025 | |
|-----------------------------|-------------------------|---------------|
| | Fife | Perth&Kinross |
| C/F Region Fund Balance | 19,838.36 | 8,195.58 |
| Surplus/(Deficit) for Year | -567.39 | -2,749.77 |
| General Funds | <i>0.00</i> | |
| Closing Bank Balance | <u>22,402.10</u> | |

The Mindful Partnership (SCIO)
Receipts and Payments Account
For The Year Ended: 31 May 2025

| | | 2024-2025 | |
|--|---|-------------------|---|
| Receipts | | | £ |
| Grant Funding - Fife (Restricted) | y | 30,000.00 | |
| Grant Funding - Perth & Kinross (Restricted) | y | 8,825.00 | |
| Grant Funding (PK) | | | |
| Donations (Fife) | y | 1,560.00 | |
| Donations (PK) | y | 2,390.00 | |
| Total Receipts | | 42,775.00 | |
| PAYMENTS | | | |
| Room Hire - Fife (Restricted) | y | 4,229.60 | |
| Volunteer Costs - Fife (Restricted) | y | 454.70 | |
| Training - Fife (Restricted) | y | 21,154.54 | |
| Travel - Fife (Restricted) | y | 1,214.81 | |
| Insurance | y | 93.06 | |
| IT Costs - Fife (Restricted) | y | 195.49 | |
| Admin Costs - Fife (Restricted) | y | 2,862.78 | |
| Advertising/Marketing - Fife (Restricted) | y | 1,382.50 | |
| Accountancy Fees - Fife (Restricted) | y | 277.50 | |
| General Expenses - Fife (Restricted) | y | 262.41 | 32,127.39 Total Fife Expenses |
| Training - Perth & Kinross (Restricted) | y | 4,820.05 | |
| Travel - P&K (Restricted) | y | 1,012.90 | |
| Room Hire - PK (Restricted) | y | 5,022.00 | |
| General Expenses - PK (Restricted) | y | 1,092.85 | |
| Admin Costs - PK (Restricted) | y | 234.48 | |
| Accountancy Fees - PK (Restricted) | y | 277.50 | |
| Advertising/Marketing - PK (Restricted) | y | 82.50 | |
| IT Costs - PK (Restricted) | y | 195.49 | |
| Web Hosting - PK (Restricted) | y | 1,227.00 | 13,964.77 Total P&K Expenses |
| Total Payments | | 46,092.16 | |
| Surplus/(Deficit) For Year | | (3,317.16) | |

INDEPENDENT EXAMINERS REPORT

BASIS OF INDEPENDENT EXAMINERS STATEMENT

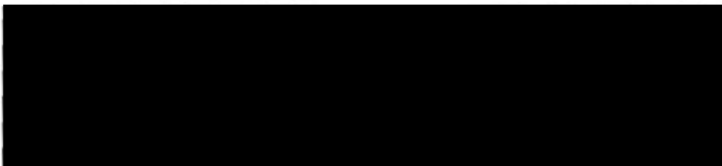
My examination is carried out in accordance with the Regulations. An examination includes a review of the accounting records kept by The Mindful Partnership SCIO and a comparison of the accounts presented with those records.

The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts. I do not accept responsibility to anyone other than The Mindful Partnership SCIO members as a body, for my work and this report.

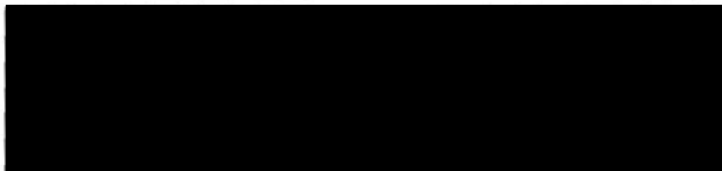
Independent Examiners Report:

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect, the requirements to:
 - (a) to keep accounting records in accordance with the Regulations, and
 - (b) to prepare accounts which agree with the accounting records and comply with the Regulations have not been met, or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



19/02/2025
Date



31/01/2025